



Preparing For Your Thermography Appointment

Please follow these guidelines before your screening appointment to ensure optimal accuracy.

- 🌿 You should wait at least three (3) months after breast surgery, the completion of chemotherapy or radiation before an Infrared Mammogram study.
- 🌿 You should avoid any natural or artificial tanning of your chest for seven (7) days prior to the study.
- 🌿 You must not have had significant fevers (over 101° F) within thirty-six (36) hours of the study.
- 🌿 You should not use any skin creams, lotions, deodorants or powders on your breasts or underarms on the study day.
- 🌿 You should avoid any physical manipulation, examination or compression of the breasts (Self or Clinical Examination, Ultrasound or X-Ray Mammogram) within 3 days of the study date.
- 🌿 You should refrain from a sauna, steam-room or hot/cold packs directly contacting the breasts for at least twenty-four (24) hours prior to the study.
- 🌿 You should refrain from exercise, bathing or showering for one hour prior to the study.
- 🌿 You should refrain from any tobacco use and caffeinated beverage consumption for two hours prior to the study.
- 🌿 You may wear any necklaces with or without pendants during the study unless they are so long as to touch the breasts or extend to the level of the cleavage.